

WHAT DO I DO?

Smart decision-making can overcome bullying

Decision-making is an important life skill.

By understanding how to work through your problems and make decisions, you can react quickly and correctly.

Materials: Worksheets, bully decisions templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Smart decision-making is a great tool when you face bullying behavior.

Working through problems — such as how to react to a bully — is a process or series of steps. It involves identifying the problem and your goal, looking at different choices, and weighing the positives and negatives of each choice.

In doing that, you're able to arrive at the best decision to the problem. Let's do an activity where you use decision-making in determining how to react to a bully.

STEP ONE

Using the worksheet example as a guide, write down a bully problem on the template. Then, complete the other lines on the template. Try to come up with as many choices to the bully problem as you can.

You'll have 10 minutes to write. Start now!

(Set the timer for 10 minutes.)

STEP TWO

When the timer sounds, we'll share our bully problems and discuss if each decision was the best choice.

What we learn today will help us in the future when we ask ourselves, "What do I do?"

 **PROBLEM**
The bully calls me names in front of other people.
 I feel alone.

 **GOAL**
I want the bully to stop calling me names. I'd like to have friends.

CHOICES	POSITIVES / NEGATIVES
I can call the bully names in return.	+ It may make others laugh. - It may make the bully worse.
I can walk away.	+ This may work for a while. - The bully might follow me.
I can use humor.	+ The bully might laugh and go away. - If I offend the bully, things could get worse.
I can stand tall and act confident.	+ The bully may see they're wasting their time. - The bully may continue bullying me.
I can make new friends.	+ Friends could help me avoid the bully. - Meeting new people can be difficult.

 **DECISION**
I'm going to stand tall and act confident. I'm going to make new friends.

 **REASON**
 Bullies like to pick on people who look weak and act afraid.
 Bullies usually pick on those with few or no friends





PROBLEM

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GOAL

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CHOICES	POSITIVES / NEGATIVES	
<p>.....</p> <p>.....</p>	+	
	-	
<p>.....</p> <p>.....</p>	+	
	-	
<p>.....</p> <p>.....</p>	+	
	-	
<p>.....</p> <p>.....</p>	+	
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DECISION

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REASON

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